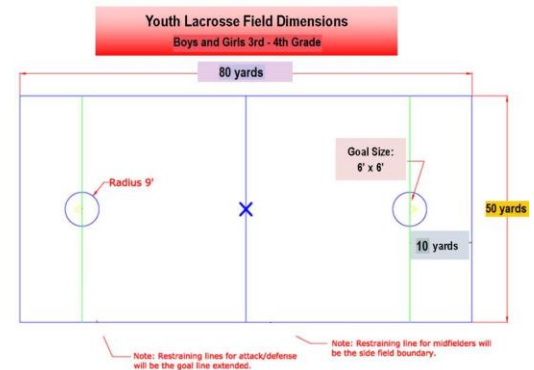




Sandy City Parks & Recreation

8 vs 8 Lacrosse Rules

- 1) All Rules of Play are governed by Utah High School Lacrosse Rules unless otherwise addressed herein.
- 2) Games are played on an 80 x 50 yard field - from sideline to sideline on the standard field, between the end line and restraining line.
- 3) No sticks greater than 42 inches allowed on the field (no "long poles").
- 4) No overtime periods shall be played if game is tied at end of regulation. The game score will not be kept.
- 5) Each team plays with 2 Attack, 3 Middies, 2 Defense, and 1 Goalie. Two players must be on the offensive half of the field and 3 players (including goalie) must be on the defensive half of the field at all times.
- 6) Field players for each team will rotate through all 3 of the field positions during the course of each game.
- 7) One player will be assigned to play Goalie each half, and will change each half unless (a) there is a player who specifically wants to play Goalie for a full game, and (b) no other team players want to be Goalie. Goalie equipment will be provided for games by the league.
- 8) Each player is required to play half of the game. All players must wear required equipment (NOCSAE approved):
 - a) Boys 3rd & 4th – helmet, gloves, shoulder and elbow pads, mouth piece, athletic cup.
 - b) Girls 3rd & 4th – mouth piece and goggles.
 - c) Boys Goalies – goalie helmet, neck and chest protector, arm pads, gloves, shin guards, and athletic cup.
 - d) Girl Goalies – goalie helmet with face mask, separate throat protector, padded gloves, mouth piece, and chest protector.Youth level must wear padding on thighs and shins and some form of abdominal and pelvic protection. The goalkeeper may wear padding on arms, legs, and shoulders.
- 9) Two 25 minute halves (running time) per game; 3 minute half-time break; two 30 second time-outs per team, per game.
- 10) Substitutions or position changes can be done either "on-the-fly", on an out of bounds whistle, or on a goal. It is strongly encouraged that Attack and Defense changes are only made on-the-fly (when ball is on opposite half of the field) or during stoppage of play. Players must touch sticks at the sidelines before coming onto the field.
- 11) A face-off is used to start each half and after each goal (unless a team leads by more than 4 goals, in which case the team down by more than 4 goals gets the ball at mid-field after any goal).
 - a) If a team is leading by 4 goals, a 3 attempted pass rule will go into effect for the leading team (3 pass rule is revoked if lead is subsequently reduced to less than 4 goals).
 - b) If a team is leading by 8 goals, a 5 attempted pass rule will go into effect for the leading team (5 pass rule is revoked if lead is subsequently reduced to less than 8 goals).
- 12) Field players may pass, catch or run with the ball in their stick. A player may gain possession of the ball by dislodging it from an opponent's stick with a legal check. A legal check is a controlled tap with a stick on an opponent's stick in an attempt to knock the ball free.
- 13) A team must make two attempted passes (they do not need to be completed) in the offensive side of the field prior to being able to shoot. If two pass attempts have occurred in the offensive end and the defensive team gains possession of the ball but does not successfully clear the ball before losing possession, the original offensive team does **not** have to attempt any additional passes prior to shooting.



- a) Regardless of meeting the shooting criteria, **after** every whistle, at least 1 pass must be attempted prior to shooting (example: Team A attempts their two passes in the offensive end and then takes a shot. Team A backed up the shot for procession. Even though they have attempted their two passes, they still need another pass attempt prior to shooting.)
- 14) The team closest to the ball where and when it goes out of bounds gets possession on a shot.
- 15) No offensive or defensive counts. Only verbal "Advance the Ball" and 5 second visual hand count precedes technical turnover call in either offensive or defensive sides of the field.
- 16) **Body Checking.** No body checking at this grade level. Illegal body check includes man-ball "clear the body" type pushing. Loose ball boxing-out contact called at discretion of officials. Players are expected to play the ball and not the opponent when the ball is loose. When defending a player in possession with the ball, defender should use no more than equal pressure to prevent progress.
- 17) **Slashing.** Not permitted. Stick contact including Poke Checks (other than on the glove hand while holding the stick) is a slash. One-handed checks are a slash. **No downward stick checks are allowed!**
- 18) **No time-served penalties.** No fast breaks on penalties. Penalties will be explained to all players by the referee during a stoppage and then a change of possession will occur. If a player is deemed to be "out of control," it will be up to the referee and coaches to sit him/her down until he/she can continue in the game. If an incident occurs with the same player after he/she has been sat down once, he/she will be removed from the game.
- 19) **Fouls and Penalty.** Upon a Personal Foul (or other "time serving" penalty), the team who was fouled receives a Fast-Break (in lieu of man-down); "Play-on" and "Slow Whistle" rule applies until ball touches the ground. Goal during play-on or slow-whistle negates awarding a Fast Break.
- 20) Upon a Fast Break, the player who was fouled (or if against goalie or an offsides call, a designated player) starts with the ball 5 yards inside mid-field line. Two Attack (Middie replaces the Attack if Attack was man who was fouled) and Two Defense are inside the "box"; all others remain behind the mid-field restraining line until the whistle starts Fast Break. Three players must remain on defensive side of field.
- 21) Intentional bodily harm and violence will not be tolerated and may result in immediate suspension from the league. Flagrant use of force and intent to injure will not be tolerated. Players failing to adhere to this policy will be penalized and face possible suspension or expulsion from the league.
- 22) **Unsportsmanlike Conduct.** Coaches, players, parents, and spectators shall conduct themselves in a sportsmanlike manner at all times. Examples of unsportsmanlike conduct includes throwing of the stick, equipment, cursing, maligning of another player or coach, arguing a call, showing disrespect and/or inappropriate comments to any referee, coach, player, parent, or spectator. The penalty for unsportsmanlike can be immediate expulsion from the game.
- 23) Referee shall have the discretion to disqualify, for the remainder of the game, any player who accumulates four or more personal fouls during any game (player is replaced on the field by another teammate).

Girls 3rd & 4th Grade Additional Rules

- 1) When a whistle blows, all players must stop in place. When a ball is ruled out of play after a shot, the player closest to the ball gets possession when play is resumed. Loss of possession may occur if a player deliberately runs or throws the ball out of play.
- 2) The player must be one step in front of her opponent in order to check. No player may reach across an opponent's body to check the handle of a stick when she is even with or behind that opponent. A player may not protect the ball in her stick by cradling so close to her body or face so as to make a legal, safe check impossible for the opponent.
- 3) All legal checks must be directed away from a seven-inch sphere or "bubble" around the head of the player.
- 4) No player is allowed to touch the ball with her hands except the goalkeeper when she is within the goal circle. A change of possession may occur if a player gains a distinct advantage by playing the ball off her body.